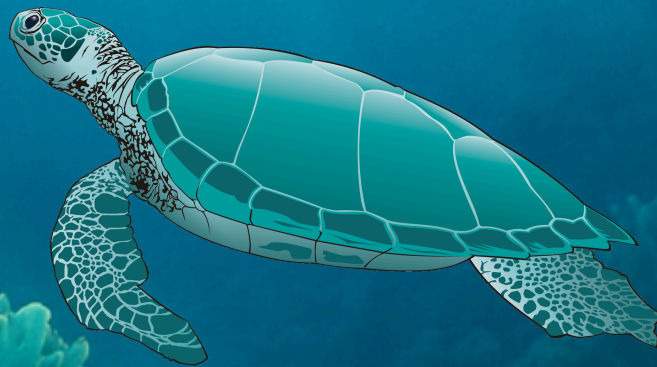


# Resilience Toolkit

**Tools for Families and Youth  
Navigating Grief and Growth**



Tidal Resilience Foundation, Inc.

# **Welcome to the Resilience Toolkit**

**This toolkit was created as part of The Reef,  
a sanctuary of resilience and conservation.**

**Inside, you'll find guides, journaling prompts, and creative activities designed to help families and youth navigate grief and discover strength. Like the sea turtle, we learn to move with patience, endurance, and hope beneath the waves.**



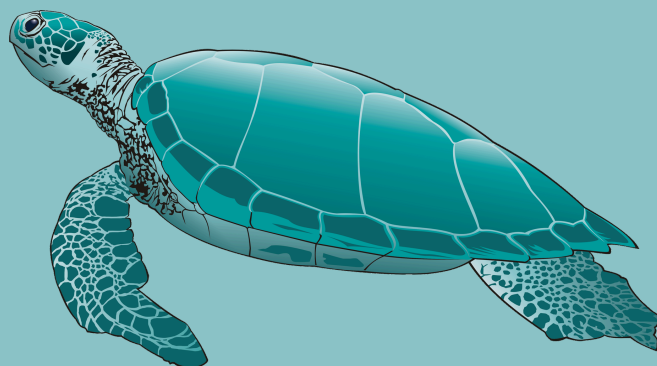
# What is Resilience?

**Resilience is the ability to adapt, endure, and grow through life's challenges.**

**It doesn't mean avoiding pain or loss. it means finding strength within and around us to keep moving forward.**

**Like the ocean, resilience teaches us that waves will come and go, but we can learn to ride them with courage and hope.**

**I carry strength within me, like the turtle beneath the waves.**



# Daily Rituals for Healing

Healing happens in small, everyday moments.

Rituals give us structure, comfort, and a way to honor both loss and resilience. These practices are simple, repeatable, and can be shared by families and youth together.

Healing is not about rushing forward –  
it's about honoring each step we take.

## Morning Grounding

Begin the day with three deep breaths, imagining waves rising and falling.

Whisper an affirmation:  
“I am steady like the tide.”

## Memory Candle

Light a candle in honor of someone you love. Share a memory or a hope before blowing it out together.

## Nature Walk

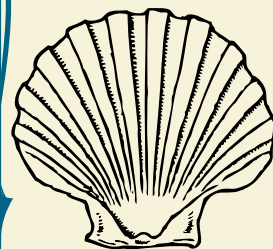
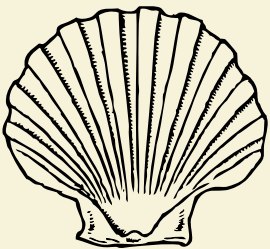
Spend 10 minutes outside noticing the world around you. Collect a shell, leaf, or stone as a symbol of strength.

## Gratitude Journal

Write down one thing that brought comfort today. Families can share their entries at dinner or bedtime.

## Family Connection Ritual

End the day by holding hands or sitting together quietly. Say: “We are strong together.”





# Journaling Prompts

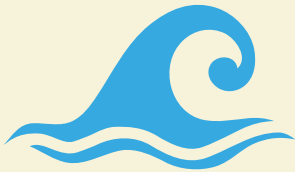
My words and drawings carry the power to heal.

**Writing and drawing can help us process emotions, honor memories, and discover inner strength.**

**These prompts are designed to guide reflection and creativity for both youth and families.**

## Draw Your Wave

Sketch a wave that shows how you feel today. Is it calm, strong, or stormy?



## My Strength Animal

If you were an ocean animal, which one would you be? Write or draw why it represents your resilience.



## Memory Moment

Write about a memory that makes you feel connected to someone you love. What lesson or comfort does it bring?



## Growing Through Change

Describe a time when you faced something hard but grew stronger. What helped you?



## Hope on the Horizon

Imagine the future. What is one thing you're looking forward to, no matter how small?

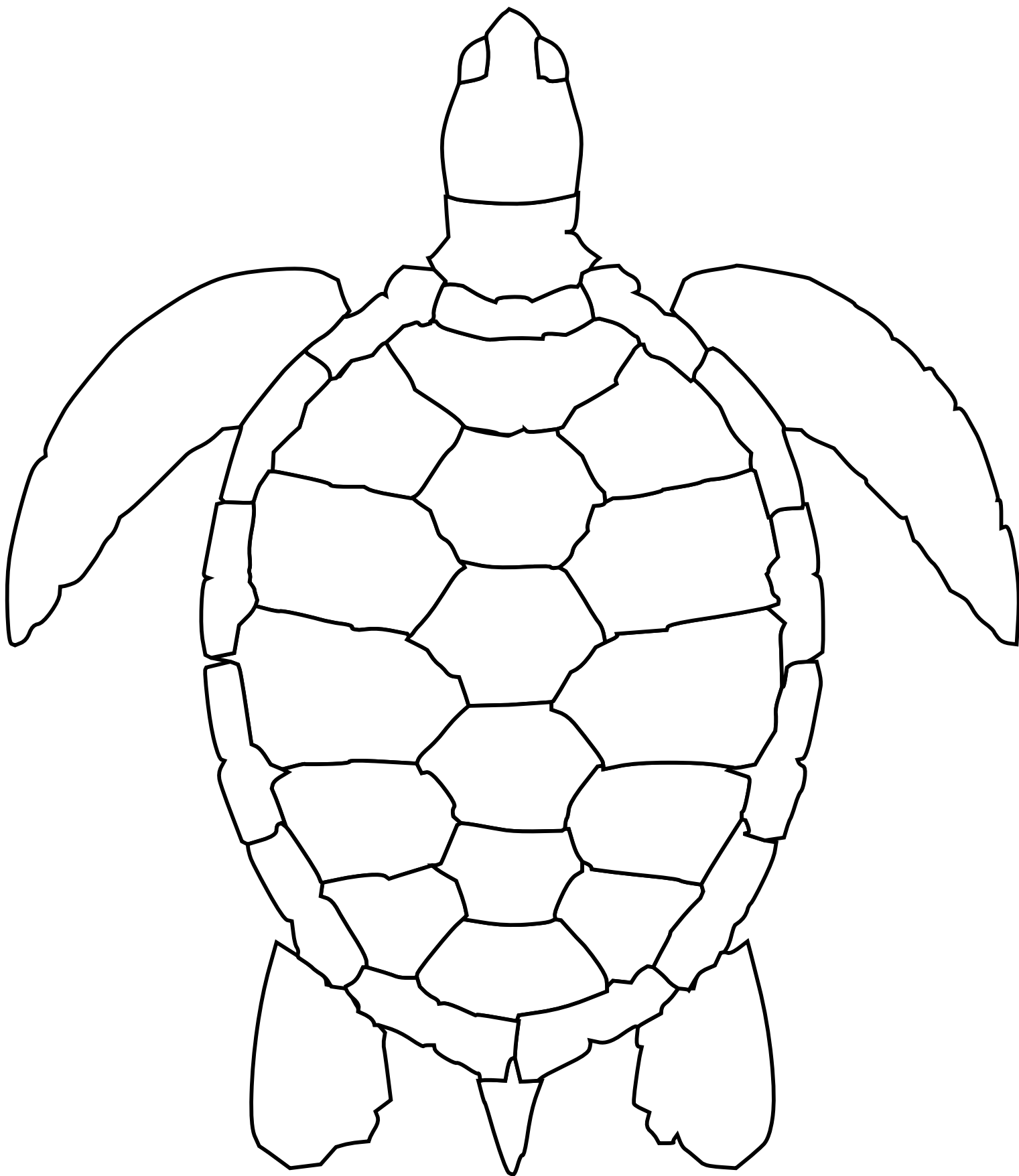


# **Creative Activities**

**Creativity helps us explore emotions and discover new ways to heal. These activities invite families and youth to use art, imagination, and play as tools for resilience.**

**Creativity is a wave of healing that flows through me.**

Color this sea turtle as a symbol of patience and strength.  
Think about what colors represent your healing journey.





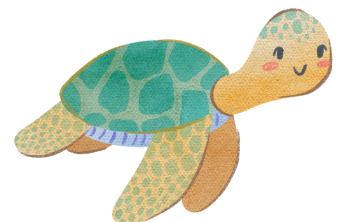
# Stories help us imagine strength and courage in new ways.

Begin your story with the line below, then invite your family to finish it together. Add drawings, dialogue, or new adventures — and be sure to end with hope and courage.



“Once upon a time, a small turtle faced the biggest wave she had ever seen...”

*How does the turtle find her way? What helps her keep going? Your family’s imagination will bring the story to life.*



# Your Healing Treasures

Sometimes resilience begins with small reminders of the ocean's strength and beauty. This activity helps families and youth connect with nature and create symbols of healing right at home.

## Look Around

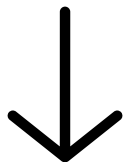
Search your home or outside for three small objects that remind you of the ocean.

Examples: a shell, a stone, something blue, or anything that feels calming.



## Gather Your Treasures

Place them together in a special spot — a shelf, a box, or a small basket.



## Name Your Collection

Each time you see them, remember your strength and connection to the sea.

Draw or list your treasures

“When I look at my treasures, I feel...”

# The Shape of My Resilience

Symbols help us carry meaning and strength in a simple image. By creating your own symbol, you design a reminder of resilience that is unique to you and your family.

## Imagine Your Strength

Think about what makes you feel strong. It could be courage, patience, love, or hope.

## Choose a Shape or Image

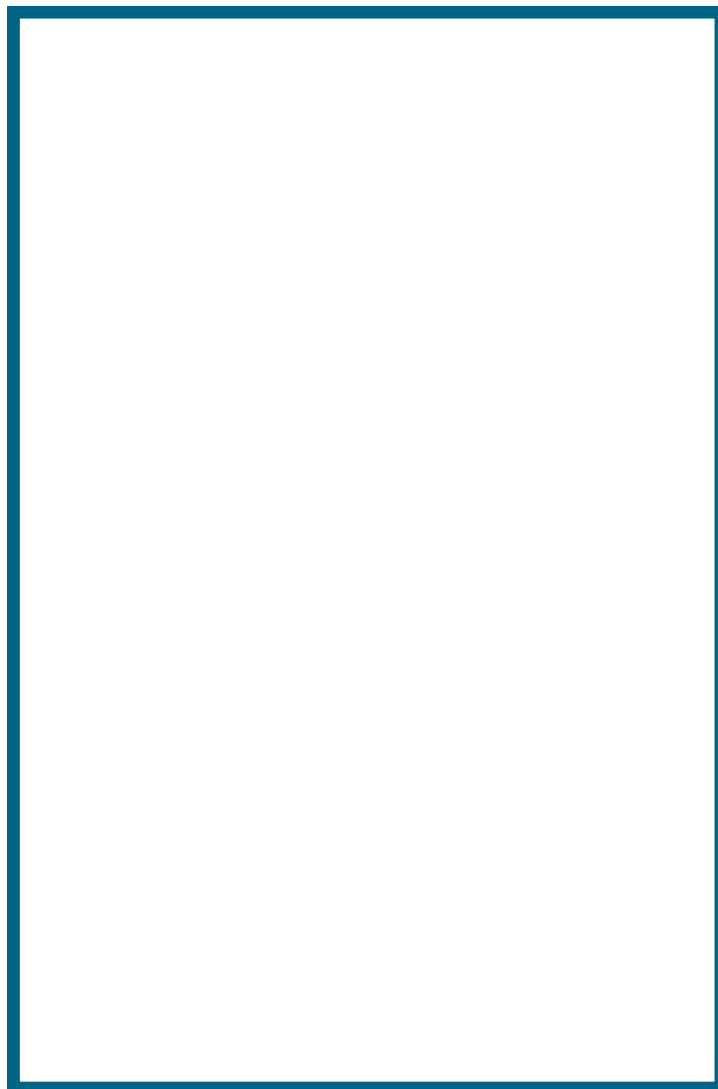
Your symbol might be a wave, a star, an animal, or something entirely your own.

## Draw or Design It

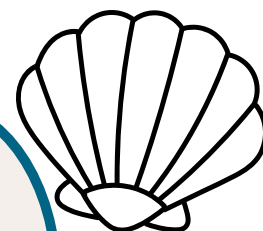
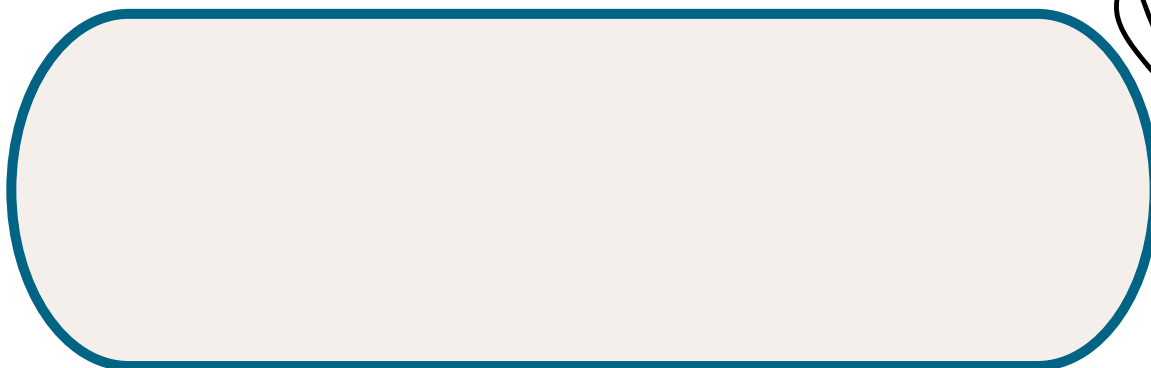
Use this space to sketch your symbol. Add colors, patterns, or words that make it meaningful.

## Share It

Show your symbol to your family. Talk about what it means and how it reminds you of resilience.

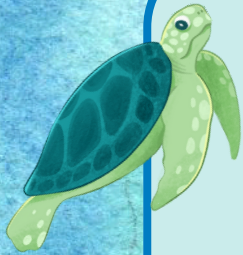


My symbol of resilience reminds me...



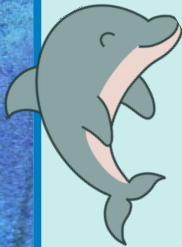
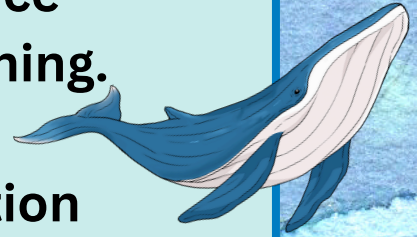


# Meet the Ocean Animals



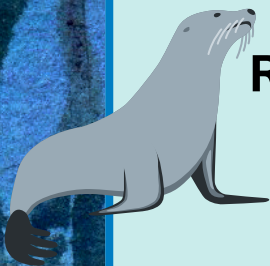
**Sea Turtle: Endurance & Wisdom**  
Steady progress, quiet strength.

**Whale: Depth & Presence**  
Stillness and deep listening.



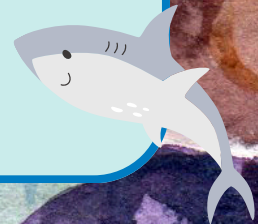
**Dolphin: Joy & Connection**  
Playfulness and empathy.

**Octopus: Adaptability & Mystery**  
Creative problem-solving and flexibility.



**Seal: Balance & Play**  
Rest, exploration, and wonder.

**Shark: Power & Awareness**  
Focus, clarity, and purpose.



Each animal carries a lesson, a whisper of resilience, a symbol of healing.  
To explore their stories, activities, and reflections, visit our *Strength Beneath the Waves* collection,  
where each creature becomes a guide on your journey.

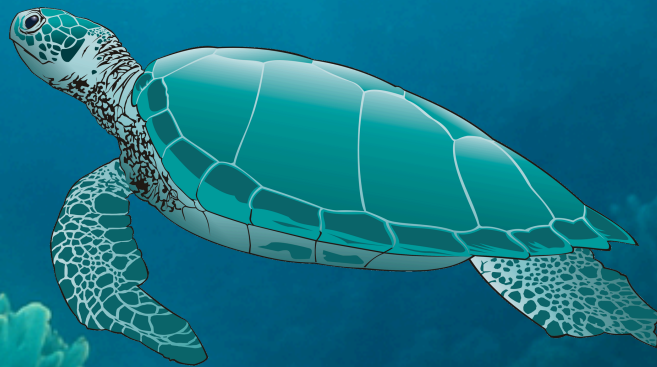


# Support & Resources

**Resilience is a journey, not a destination. As you move forward, remember that healing happens in small steps, and you are never alone. These resources are here to guide and support you along the way.**

Every wave you face is part of a larger ocean of strength. Reach out, connect, and know that support is always within reach.

**Discover more resources at The Reef: [www.tidalresilience.org/the-reef](http://www.tidalresilience.org/the-reef)**



**Tidal Resilience Foundation, Inc.**